

5/1/97

BLACKHAWKS GIRLS U17 D.1 PRACTICE.

NO: EKSTROM

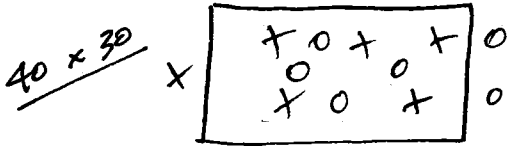
HALLIGAN

JOHNS
MURPHY
FINZEN

I WARM UP

- A. PASS & MOVE 1/2 & 1/2 w/ BALL
- B. STRETCHING.

II 5(+1) v 4(+2)

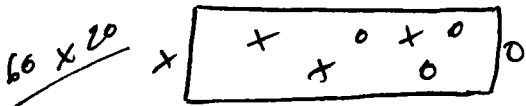


#↑ Pass to target to score / 1 back player for support

#↓ Pass to target = 2 goals / 2 back for support

5 MIN = SWITCH #↑ & #↓

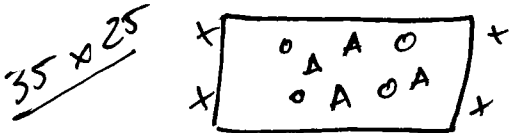
III 4(+1) v 4(+1)



LONG NARROW FIELD, PLAY TO TARGETS TO SCORE, SUPPORT PLAYER FOR KICK, PREMIUM ON LONG ACCURATE & APPROPRIATE PASSES.

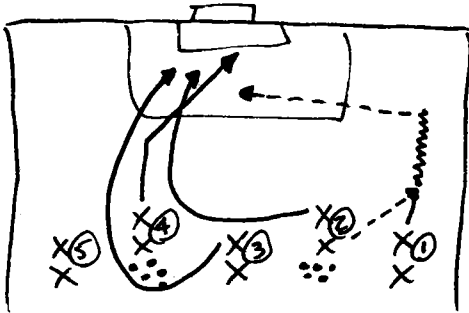
IV 4(+2) v. 4(+2)

- 3 TEAMS OF 4



FIELD PLAYERS = SUPPORT TARGETS TO SCORE
TARGETS = ACT AS SUPPORT, PASS TO TEAM w/ POSS.

V ATTACK / GOALKEEPING / SHOOTING / TIMING



1, 2, 3, 4 begin run at same time
1 has 2/3 touches, prepare ball for delivery

2, 3, 4 carefully time runs so that finishing shot is made on the run.
also - must go late & fast.

VAR: add defenders.

VI LINK 10

VII BALLS ON CONES

May 11 thunder opener.